



Week 3: *Walking for your Health*



Health Benefits of Walking

Our bodies are designed to walk for good health. Regular brisk walking, just thirty minutes a day, can:

- ▣ lower cholesterol and blood pressure
- ▣ strengthen your heart
- ▣ improve your circulation

It also burns calories and helps with weight control - not to mention improving your mental outlook! Walking is a great activity for people of all ages and fitness levels. We often think that a vigorous workout at the gym is the only way to gain the health benefits of exercise, when all we really need to do is the thing that comes naturally - walk!

Beginner's 12 Week Walking Schedule

WEEK	SUN	MON	TUES	WED	THU	FRI	SAT
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Visit www.inshape.in.gov for more online advice from First Lady Cheri Daniels.

Eating for Peak Performance

Maximize performance at the Big Event (maybe the Mini Marathon this weekend) by eating and drinking smart before, during and after the race.

Before

EAT a carbohydrate-rich light meal or snack on race morning to replenish liver glycogen and fuel your brain (mental energy to get through the race!).



Pre-exercise food boosts stamina and prevents low blood sugar, hunger pains and fatigue. The general pre-exercise rule of thumb is to allow 2 - 3 hours for a smaller meal, 1 - 2 hours for a liquid meal and less than an hour for a small snack.

Carbohydrate-rich meals include:

- ❑ cereal with milk and berries
- ❑ bagel with jelly and banana
- ❑ pancakes with syrup and 100% orange juice
- ❑ fruit and yogurt smoothie.

DRINK to hydrate adequately. About two hours before, drink at least 2 cups of fluid (**all** beverages hydrate). Fifteen minutes before, drink another 1-2 cups.

During

STAY HYDRATED. About every 15 minutes, drink ½ to 1 cup of fluid. During events lasting 60 minutes or more, drinking a lightly sweetened carbohydrate drink (sports drink) may help prevent low blood sugar and enhance performance *plus* provide hydration. *Eating* a small carbohydrate-rich snack is fine, but you still must *drink* adequate fluids.

(http://www.beverageinstitute.org/hydration/active_lifestyles.shtml)

After

Drink plenty of fluids immediately and replace muscle glycogen with carbohydrates: banana, orange, crackers, energy bars, sports drink or juice.

Race Day Tip

Stick with familiar foods - race day is *not* the time to try new foods and beverages!

The Community Corner

DNR Day: Get "INShape" for FREE

When: Saturday, May 3rd

Where: Indiana State Parks and Reservoirs

What: Walks & other events. Events, times & locations vary. **Free** INShape Indiana T-shirts distributed on a first-come, first-served basis.

For a complete list of walk locations visit the Division of State Parks and Reservoirs Healthy Parks-Healthy People website at www.in.gov/dnr/healthy/.

Walk with IMPD

When: April 28th - May 23rd, M - F 5:30pm

Kick off festivities @ 5pm April 28th - First 100 to arrive receive a free gift!

Where: 3130 E. 30th St. @ Washington Park Trails (1.5 or 2.5 miles)

Details: Contact Annie Kern @ 317.327.6265 to Pre-Register

The Toyota Spring Day 8K RUN/WALK

When: May 3rd

Where: Princeton

Start ½ and ¼ mile for Kids: 9AM CDT

Start 8K Run and Fitness Walk: 9:30 AM CDT

Start Tulip Tree mile 9:45 AM CDT

Details: [Registration, etc.](#)

Walking Tour: Fountain County

When: May 4th @ 2pm-5pm

Where: Attica

Join Historic Landmarks of Fountain County for a walking tour of historic Ravine Park. Wildflower expert available to identify the wildflowers. Wear clothing appropriate for weather and walking.

Details: Call 765.764.1913. **Free!**

Hike or Bike in Metamora

When: May 4th @ 2pm

Where: Metamora

Hike or Bike the Whitewater Canal Trail. Free parking available in lot on Main Street. ADA compliant trail with interpretive markers, mostly level, 50% shaded. Metamora lies midway between Cincinnati and Indianapolis on US Highway 52, 8 mi. west of Brookville, IN.

Details: Call 765.647.2109. **Free!**

Fort Wayne: "Downtown Treasures"

When: May 2nd @ 1pm

Where: Tours begins at the Convention & Visitors Bureau @ 1021 S. Calhoun St.

Want to know more about the history of Fort Wayne? Then grab your walking shoes for this 1 mile journey that features historic and architectural treasures of the city.

Details: Call Angie Quinn @ 260.426.5117. **Free!**

INShape In Historic Indiana Events

The Department of Natural Resources Division of Historic Preservation is sponsoring a series of statewide walks and other events highlighting Indiana historical landmarks throughout the month of May. Please [click here](#) for a calendar of events.



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